

## 70 Gram Protein Sample Menu

### Day 1



#### Breakfast

1 cup Cream of Wheat®  
1 blueberry muffin  
½ cup milk  
½ cup canned peaches



#### Lunch

3 ounces skinless chicken  
1 bun  
1 leaf of lettuce  
4 slices cucumber  
1 Tbsp mayonnaise  
½ cup carrots  
1 apple  
1 cup hot tea



#### Dinner

3 ounce steak  
½ cup cooked broccoli  
2 dinner rolls  
1 Tbsp margarine  
1 cup grape juice



#### Snack

⅔ cup gelatin  
1 Tbsp whipped cream topping

### Day 2

#### Breakfast

1 ounce Canadian bacon  
2 slices French toast  
½ cup strawberries  
1 cup coffee

#### Lunch

2 Tacos:  
3 ounces ground beef  
2 corn tortilla shells  
⅓ cup salsa  
⅓ cup lettuce  
½ cup grapes  
½ cup vanilla pudding  
1 cup lemon lime soda

#### Dinner

3 ounces grilled shrimp  
½ cup sweet peppers  
1 cup egg noodles  
1 cup cranberry juice

#### Snack

⅛<sup>th</sup> apple pie



### Day 3

#### Breakfast

1 hard boiled egg  
1 cup Rice Krispies®  
½ cup milk  
1 slice white toast  
1 tsp margarine  
1 cup cranberry juice



#### Lunch

3 ounces grilled salmon  
1 cup rice  
½ cup zucchini squash  
1 cup iced tea  
2 sugar cookies  
1 plum



#### Dinner

1 cup cooked spaghetti  
½ cup tomato sauce  
2-1ounce meatballs  
½ cup green beans  
1 slice garlic bread  
1 cup water



#### Snack

vanilla frosted cake  
(2 inch x 2 inch)

### Day 4

#### Breakfast

1 scrambled egg  
2 waffles  
4 Tbsp syrup  
½ cup milk  
1 cup strawberries  
1 cup coffee

#### Lunch

2 ounces turkey  
2 slices white bread  
1 leaf lettuce  
¼ cup sprouts  
1 Tbsp mayonnaise  
½ cup coleslaw  
1 apple  
1 cup lemonade

#### Dinner

3 ounces pork chop  
½ cup applesauce  
1 cup rice  
6 spears asparagus  
1 cup pineapple juice

#### Snack

⅛<sup>th</sup> apple pie



## Day 5

### Breakfast

2 (6 inch in diameter) pancakes  
1 Tbsp margarine  
4 Tbsp syrup  
2 pineapple slices  
1 cup hot tea  
2 tsp sugar  
½ cup milk



### Lunch

Hamburger: 3 ounces ground beef  
1 hamburger bun  
1 lettuce leaf  
1 Tbsp ketchup  
¾ ounce pretzels (10 small twists)  
4 small celery sticks  
1 cup fruit punch



### Dinner

3 ounces Lemon Chicken  
1 cup herbed orzo  
4 Tbsp chopped chives  
½ cup Brussels sprouts  
½ cup blueberries  
1 cup cranberry juice



### Snack

½ cup tapioca pudding

**Note:** This diet provides approximately 1800 calories per day, and is limited in potassium, sodium and phosphorus.

**For More Advice Contact your Registered Dietitian**



Source: Department of Veterans Affairs  
Nutrition and Food Service